



HOPE Agreements

Welcome to Sober Livers, a community for individuals at all stages of liver disease or transplant due to alcohol. Our meetings provide a space for peer discussions and education from various health providers, including guest experts every other month. Here are our group guidelines:

- **Participation:** Participation is encouraged, but please inform us in the chat if you prefer to listen only.
- **Feedback:** Share your opinions with empathy and compassion using "I" statements. For example, "I had an MRI instead of an ultrasound because I had iron overload."
- **Medical Advice:** Feedback is not medical advice. Consult your health provider before trying anything discussed here. Inform us if you are a medical provider.
- **Confidentiality:** Ensure you are in a private space. Use headphones if needed. Do not share details about group members outside the meetings.
- **Cameras:** Turning on your camera helps foster connection and community.
- **Anonymity:** If you wish to remain anonymous, use your first name as your screen name and keep your camera off. Inform a facilitator privately in the chat and share your ALD stage or transplant status.
- **Abstinence:** While abstinence is not required to attend, please join meetings sober. If under the influence, do not participate verbally or in chat, except to contact a facilitator for support. Provide your contact info for treatment resources if needed.
- **Politics:** Sober Livers is nonpartisan. Our focus is on our shared experiences with AUD, liver diseases, transplants, and related health issues.
- **Secularity:** Sober Livers is primarily secular but welcomes discussions on spirituality or religion as part of recovery, following our feedback guidelines.

We are here to learn from each other, offering compassion, empathy, and kindness. Take what resonates with you and leave the rest.

Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance their own personal development. The information discussed in this meeting is not meant to serve as a guideline for patient self-management. Any procedures, medications, or other courses of diagnosis or treatment discussed should not be used by patients without consultation with their medical providers as well as by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.